

DOCUMENT A00876

MBTA RAILROAD SAFETY SPECIFICATIONS WITH OSHA

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SECTION 01568

CONSTRUCTION SAFETY

PART 1 - GENERAL

1.1 DESCRIPTION

- A. This Section specifies requirements to establish a practical, sound, and effective program for the prevention of construction accidents, and to assign specific responsibilities to Contractors for program compliance.
- B. Contractors and their supervisors must control hazardous activities and conditions within their respective areas of contract responsibility.

1.2 SUBMITTALS

- A. Safety and Health Plan: The contractor shall, within thirty (30) days after receipt of the award of a contract, submit for approval to the MBTA, a detailed operational Safety and Health Plan.
- B. Safety Supervisor: The Contractor shall within thirty (30) days after receipt of the award of a contract submit the resume of the qualifications and work experience of the designated Safety Supervisor proposed for assignment to the Project. No construction work shall begin until the project Safety Supervisor has been approved by the MBTA. The Safety Supervisor shall have a minimum of 5 years of experience in construction safety or a related field.
- C. Monthly Accident Experience Summary: The Contractor shall submit an Accident Experience Report monthly during the course of construction to the MBTA.
- D. Industrial Industry Records: Prior to start of work, the Contractor shall submit their Injury/Illness Records for the previous 3 years. In addition, the Contractor shall submit annually to the MBTA all subsequent Illness/Injury Reports for the duration of the project.

PART 2 - PRODUCTS

None

PART 3 - EXECUTION

3.1 SAFETY AND HEALTH PLAN

A. The Contractor shall submit a project Safety and Health Plan. At a minimum, the plan shall include the following sections:

- i. Emergency Action Plan
- ii. First Aid Facilities
- iii. Serious Accidents
- iv. Emergency Telephone Numbers
- v. Protection of the Public
- vi. Site Visits
- vii. Substance Abuse/Prevention/Testing

3.2 SAFETY SUPERVISOR

- A. Complete daily safety inspections of the job site and contiguous public areas, and take any corrective actions to eliminate unsafe conditions.
- B. Establish and implement a project safety training program for supervisors and employees as applicable to their job.
- C. Attend project safety meetings.
- D. Review Foreman accident and investigation reports, and initiate corrective action to prevent reoccurrence.
- E. Maintain copies of all Contractor Safety Reports.
- F. Assist Foremen in accident investigations.
- G. Encourage establishment of incentive programs designed to recognize individual employee safety efforts and contributions towards improved safety.
- H. Prepare a Safety Audit Checklist and complete the checklist each week during the course of construction. The completed Audit Checklists shall be submitted to the Authority weekly.
- I. The Safety Supervisor needs to be on the project site when major work tasks are being performed. During work periods when the Contractor is not performing contract work, the Safety Supervisor can be absent from the project site with permission from the Authority.

3.3 ACCIDENT INVESTIGATION

- A. Serious accidents shall be reported immediately to the MBTA Resident Engineer. Contractors shall issue standing orders to all supervisors directly in charge of operations that the scene of the accident shall not be disturbed, except for rescue or other emergency measures, until otherwise directed. Contractor's forces either witnessing or party to the accident shall be detained at the site to provide detailed accounting of facts.
- B. All reports shall be submitted to the MBTA. The accident investigation shall generate appropriate recommendations for corrective actions to prevent similar recurrence of similar accidents.
- C. The requirements of MBTA Safety Procedure 7.3 Contractor Safety Violation Program shall be followed by the Contractor when completing an accident report.

3.4 FIRST AID FACILITIES

- A. In formulating the Health and Safety Plan, the Contractor shall provide for the establishment and staffing of appropriate first aid facilities for the treatment of on the job injuries.
- B. Off-site medical treatment of employee injuries shall be performed at medical facilities named in the Contractor's Safety Submittal.

3.5 EMERGENCY TELEPHONE NUMBERS

To ensure that emergency actions are promptly taken, Contractors shall post emergency telephone numbers in conspicuous places.

3.6 ORIENTATION PROGRAM

- A. The Contractor shall establish and maintain an orientation program for new employees which shall include:
 - i. For each individual the hazards present in their work assignment and in the general area in which he will be working.
 - ii. Personal protective equipment required.
 - iii. Instruction in the proper procedure for reporting unsafe job conditions which he/she may encounter.

3.7 RIGHT OF WAY SAFETY AWARENESS

- A. All Contractor and sub-contractor personnel shall complete either the MBTA Rapid Transit right-of-way safety training or the MBTA Commuter Rail right-of-way safety training prior to entering the project site. ROW safety training will be required on all MBTA property including the RR track, stations, parking garages and maintenance car houses. Personnel will not be allowed on the job site unless they have attended a Right-of-Way Safety Awareness training session. Workers are required to carry their certification card while on site.

3.8 OSHA

- A. The Contractor shall comply with the OSHA 1926 Construction Safety Standards that apply to the project work. The Contractor shall meet the reporting requirements, and employers with eleven (11) or more employees must meet recordkeeping requirements.
- B. All Contractor and Sub-Contractor personnel shall possess an OSHA 10 Hour Certification card when working on the project site.
- C. All fatality cases and/or serious accidents and illness shall be reported to OSHA immediately by phone to an Occupational Safety and Health Area Office. Employers must report immediately all blasting accidents.
- D. Part of the OSHA requirements is that each employer must post in a prominent location the "Safety and Health Protection on the Job" poster. The poster briefly states the intent and coverage of the Act. Failure to post this document is a citable offense under the Act.

3.9 PROSECUTION OF THE WORK

- A. The Contractor shall take all reasonable precautions in the performance of the work to protect the safety and health of its employees and members of the public and shall comply with all applicable MBTA, Local, State and Federal safety and health regulations and associated reporting requirements.
- B. The Contractor Safety Supervisor is charged with sole responsibility of on-site safety management under the direction of the Contractor Project Superintendent. All potential safety hazards identified shall be promptly corrected. The Safety Supervisor shall complete daily reviews of the project site and document then results on the inspection.
- C. The MBTA shall notify the Contractor of any non-compliance and of the corrective action required. This notice, when delivered the Contractor or the Contractor's representative at the site of the work, shall be deemed sufficient notice of the non-compliance and corrective action required after receiving the notice, the contractor shall immediately take corrective action. If the contractor fails or refuses to take corrective action promptly, the MBTA may, without prejudice to other legal or contractual rights, issue an order stopping all or part of the work; and may subject contractor to safety violation assessments as deemed appropriate by the MBTA. Resumption **of work** may be issued by the MBTA Safety Department.
- D. The Contractor shall maintain an accurate record of exposure data on all accidents and incidents occurring under this contract and report this data in a manner prescribed by the MBTA.
- E. The Contractor shall be responsible for all its lower-tier sub-contractor's and vendor's compliance.
- F. Contractor management shall make a commitment for accident prevention and fire prevention. Safety shall take precedence over schedule and production. Enforcement action is mandatory.

3.10 WORK AUTHORIZATIONS

A. The following work authorizations will be issued by the MBTA:

- i. Excavation
- ii. Hot Work
- iii. Confined Space Entry
- iv. Cranes and Suspended Platforms

3.11 WORKING NEAR THE THIRD RAIL

A. When working on or near the third rail, when the power is off, the contractor must have a third rail high-voltage warning device on the job site approved by the MBTA Power Department. This device will warn work crews if the third rail becomes energized at any time during work activity involving the right-of-way.

3.12 HAZARDOUS SUBSTANCES

A. Any Contractor who uses substances on the hazardous substances list to which workers might be exposed under either normal work conditions or reasonable foreseeable emergency conditions resulting from work place operations must provide those workers with the required hazardous substance information.

3.13 PERSONAL PROTECTIVE EQUIPMENT

A. All Contractor personnel must wear the required personal protective equipment when on the job site. Personal protective equipment includes hard hats, safety vest, safety glasses and proper footwear.

3.14 PROTECTION OF THE PUBLIC

A. All necessary precautions to prevent injury to the public or damage to property of others shall be taken. The public is defined as all persons not employed by or under contract or subcontract to the MBTA. Installation of temporary barriers and/or fencing designated to protect the public shall be reviewed and approved by the MBTA. Precautions shall include but not be limited to the following:

B. Work shall not be performed in any area occupied by the public unless specifically permitted by the contract or in writing by the MBTA.

3.15 SUBSTANCE ABUSE/PREVENTION/TESTING PROGRAM

A. The Contractor shall establish a substance abuse policy and testing program that includes the following elements:

- ☐ Deterrence

- ☐ Treatment and Rehabilitation
- ☐ Detection
- ☐ Enforcement

The MBTA reserves the right to approve the proposed substance abuse program prior to commencing the contract.

3.16 CONDUCT OF TOURS


- A. Group tours must be cleared through the MBTA, allowing maximum advance notice and in compliance with MBTA Policy and Procedures.
- B. MBTA will coordinate the tour arrangements and ensure notification to the Contractors Project Manager.

3.17 HOUSEKEEPING

- A. A basic concept in any effective accident prevention program is "good housekeeping." No one item has a great impact on the overall success of a safety program for a construction project. The importance of good housekeeping is such that it must be planned from the beginning of the job and carefully supervised through the final cleanup.
- B. During the course of construction, work areas, passageways and stairs, in and around buildings and structures, shall be kept clear of debris. Construction materials shall be stored in an orderly manner. Storage areas and walkways on the site shall be maintained free of depressions, obstructions and debris.

PART 4 - MEASUREMENT AND PAYMENT

- A. No separate measurement or payment will be made for work required under this Section.




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- **Standard Number:** 1926
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SOURCE: 44 FR 8577, Feb. 9, 1979; 44 FR 20940, Apr. 6, 1979, unless otherwise noted.

EDITORIAL NOTE: At 44 FR 8577, Feb. 9, 1979, and corrected at 44 FR 20940, Apr. 6, 1979, OSHA reprinted without change the entire text of 29 CFR Part 1926 together with certain General Industry Occupational Safety and Health Standards contained in 29 CFR Part 1910, which have been identified as also applicable to construction work. This republication developed a single set of OSHA regulations for both labor and management forces within the construction industry.

Editorial Note: The Federal Register of August 2, 1995, page 39254 issued a Final Rule; correcting amendment. OSHA will maintain the existing fall protection requirements for steel erection activities pending rulemaking that addresses the steel erection industry. This affected 1926.104, 1926.105, 1926.107, 1926.500, and 1926.753.

[55 FR 42328, Oct. 18, 1990; 55 FR 47687, Nov. 14, 1990; 58 FR 26627, May 4, 1993; 58 FR 35077, June 30, 1993; 59 FR 215, Jan. 3, 1994; 59 FR 36695, July 19, 1994; 59 FR 40729, Aug. 9, 1994; 59 FR 40964, Aug. 10, 1994; 60 FR 5131, Jan. 26, 1995; 60 FR 39254, Aug. 2, 1995; 61 FR 5507, Feb. 13, 1996; 61 FR 9227, March 7, 1996; 61 FR 31427, June 20, 1996; 61 FR 46025, Aug. 30, 1996; 62 FR 1493, Jan. 10, 1997; 63 FR 1152, Jan. 8, 1998; 63 FR 1919, Jan. 13, 1998; 63 FR 3813, Jan. 27, 1998; 63 FR 13338, March 19, 1998; 63 FR 17093, April 8, 1998; 63 FR 20098, April 23, 1998; 63 FR 33450, June 18, 1998; 63 FR 35137, June 29, 1998; 64 FR 18810, April 16, 1999; 66 FR 5265, Jan. 18, 2001; 70 FR 76985, Dec. 29, 2005; 71 FR 2885, Jan. 18, 2006; 71 FR 16675, April 3, 2006; 75 48130, Aug. 9, 2010]